#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 5

Week starting Monday the 29th of Jan

Plan created by Emmet Kelly

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| Monday | Rest |
| Tuesday | Bike for 40 minutes |
| Wednesday | Run for 30 minutes include some sprints |
| Thursday | Bike for 40 minutes followed by 25 minute Run |
| Friday | Rest |
| Saturday | Run for 15 minutes Bike for 45 minutes followed by a run for 15 minutes |
| Sunday | Run for 40 minutes easy |

Logo, company name

Description automatically generated